

mon tue wed thu fri sat sun

					8:00am-9:00am Cali Adults	8:30am-9:15am Tumbling 7-9 years
		9:30am-10:15am Flow Toddlers 1-3½ years			9:15am-10:00am Flow Kids 3½-5 years	9:15am-10:00am Parkour 5-7 years
		10:30am-11:15am Flow Kids 3½-5 years			10:15am-11:00am Parkour 5-6 years	10:00am-10:45am Parkour 8-10 years
		1:30pm-2:15pm Private			11:00am-11:45am Parkour 7-9 years	10:45am-11:30am Parkour 11-15 years
		2:30pm-3:15pm Circus 10-17 years			11:45am-12:30pm Parkour 10-15 years	11:30am-12:30pm Parkour Orange Band
3:45pm-4:30pm Parkour 7-9 years	3:45pm-4:30pm Tumbling 5-6 years	3:45pm-4:30pm Breaking 5-7 years	3:45pm-4:30pm Parkour 5-6 years	3:45pm-4:30pm Tumbling 6-9 years	12:30pm-2:00pm Drop-in Session 5-12 years	12:30pm-2:00pm Drop-in Session 5-12 years
4:30pm-5:15pm Parkour 10-13 years	4:30pm-5:15pm Tumbling 7-9 years	4:30pm-5:15pm Breaking 8-12 years	4:30pm-5:15pm Parkour 7-8 years	4:30pm-5:15pm Tumbling 10-15 years	2:15pm-4:15pm Bookable Party	2:15pm-4:15pm Bookable Party
5:15pm-6:00pm Tumbling 7-9 years	5:15pm-6:00pm Tumbling 10-15 years	5:30pm-6:15pm Circus 8-12 years	5:15pm-6:00pm Parkour 9-10 years	5:15pm-6:00pm Parkour 6-8 years	4:30pm-6:30pm Bookable Party	4:30pm-6:30pm Bookable Party
6:00pm-6:45pm Tumbling 10-12 years	6:00pm-7:00pm Tumbling Orange Band	6:15pm-7:00pm Dance Acro 8-12 years	6:00pm-6:45pm Parkour 11-12 years	6:00pm-6:45pm Parkour 9-10 years		6:30pm-7:30pm Tricking Adults
6:45pm-7:45pm Tricking 8-15 years	7:00pm-8:00pm Tumbling Blue Band	7:00pm-7:45pm Dance Acro Orange Band	6:45pm-7:30pm Parkour 13-17 years	6:45pm-7:30pm Parkour 11-13 years		6:30pm-8:30pm Drop-in Session Adults
	8:00pm-9:00pm Tumbling Adults	7:45pm-8:30pm Parkour 10-15 years	7:30pm-8:30pm Parkour Orange Band	7:30pm-9:30pm Drop-in Session Adults	All white / empty spaces privately bookable	
	8:00pm-10:00pm Drop-in Session Adults		8:30pm-9:15pm Parkour Adults			

Preschool **Drop-in session** **Classes** **Adult** **Bookable**

Term two schedule 2022
(09) 5339006 flowacademy.co.nz

Flow
Pakuranga